



**City of El Monte  
Parks, Recreation &  
Community Services Department  
Aquatics Division**



# Lifeguard Training Course



**American  
Red Cross**

## Course Dates:

**Thursday, May 1, 2014**

7 pm.—9 pm.

(Prerequisite Testing  
And Course Overview)

**Monday, Wednesday, Friday**

**May 5, 2014 - May 16, 2014**

6 pm.—10 pm.

*\*Participants must attend all dates  
and times listed in order to  
complete certification.*

**No Refunds.**

**Lifeguard Training Course**

**Fee: \$ 185.00**

## Location:

**El Monte Aquatic Center  
11001 Mildred Street  
El Monte, CA 91731**



**Lifeguard Certification Prerequisites**  
are as follows (to be assessed on the first day of class):

1. Age Requirement: Must be 15 years old on or before final scheduled session of this course.
2. Ability to swim 300 yards, continuously, using front crawl and/or breaststroke.
3. Ability to tread water for 2 minutes, using legs only, with hands held above the water.
4. Ability to retrieve a submerged brick, using a surface dive and then kick 20 yards, lay brick on edge of pool, exit pool, while timed in 1 minute and 40 seconds or less.

For more information, please call the El Monte Aquatic Center at (626) 580-2213.

## **Apply Today!**

The **El Monte Aquatic Center** is a year round facility that is currently recruiting Lifeguards. If you are interested in working as a Lifeguard you are welcome to apply.

For more information regarding Lifeguard and/or Instructor Guard job postings, please review the El Monte Website at [www.ElMonteCA.gov](http://www.ElMonteCA.gov)